# sweet pepper salmon with zucchini ribbon salad

30 minutes



#### APRON'S ADVICE

Complete your meal with rice pilaf, dinner rolls, and creme cake for dessert. This recipe also works great with chicken cutlets. The chicken may cook slightly faster than the salmon.

#### SHOPPING LIST

## Dairy

1/4 cup crumbled Gorgonzola cheese

#### Dry Grocery

1/4 cup balsamic vinaigrette 1 tsp garlic-pepper seasoning 1 tbsp light soy sauce 1/4 cup maple syrup 1/4 cup whole smoked almonds

#### Produce

1 tbsp basil herb paste 1/2 cup matchstick carrots 1/2 cup pre-diced fresh tomatoes 1/3 cup pre-sliced green onions 2 medium zucchini

#### Seafood

4 salmon fillets (1 1/2 lb; skin removed)

#### From Your Pantry

2 tsp chili powder cooking spray large zip-top bag 2 tsp paprika



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#### **COOKING SEQUENCE**

- Prepare salad; chill until ready to serve 10 minutes
- Prepare salmon and serve 20 minutes

# sweet pepper salmon

#### INGREDIENTS

4 salmon fillets, skin removed (1 1/2 lb) 1/4 cup whole smoked almonds

Large zip-top bag

2 teaspoons chili powder

2 teaspoons paprika

1 teaspoon garlic pepper seasoning

Cooking spray

1/4 cup maple syrup

1 tablespoon light soy sauce

• Always check fish carefully and remove any bones.

- 1. Place almonds in zip-top bag and crush, using meat mallet (or rolling pin), until the size of coarse breadcrumbs. Add chili powder, paprika, and garlic pepper; shake to mix.
- 2. Preheat large sauté pan on medium 2-3 minutes. Coat salmon with cooking spray; place in zip-top bag. Seal bag and shake (or press with fingertips) to evenly coat salmon.
- 3. Remove pan from heat and coat with cooking spray. Add salmon; cook 3-4 minutes on each side or until 145°F and fish flakes easily.
- 4. Remove salmon from pan. Add syrup and soy sauce to pan; cook 1-2 minutes or until sauce begins to thicken. Serve sauce over salmon.

CALORIES (per 1/4 recipe) 540kcal; FAT 35g; CHOL 95mg; SODIUM 480mg; CARB 20g; FIBER 4g; PROTEIN 40g; VIT A 20%; VIT C 10%; CALC 10%; IRON 15%

## zucchini ribbon salad

### INGREDIENTS

1/2 cup pre-diced fresh tomatoes

1/2 cup matchstick carrots

1/3 cup pre-sliced green onions

1/4 cup balsamic vinaigrette

1 tablespoon basil herb paste

1/4 cup crumbled Gorgonzola cheese

2 medium zucchini

#### STEPS

- 1. Combine all ingredients (except zucchini) in salad bowl.
- 2. Cut zucchini into 3- to 4-inch long sections. Cut thin lengthwise strips of zucchini, using vegetable peeler, into bowl. (Peel until reaching core with seeds; discard inner portion.)
- 3. Toss to coat; chill until ready to serve.

CALORIES (per 1/4 recipe) 90kcal; FAT 4.5g; CHOL 5mg; SODIUM 360mg; CARB 9g; FIBER 2g; PROTEIN 3g; VIT A 60%; VIT C 130%; CALC 6%; IRON 4%